



**Proud to be drug free**  
(From left) APG Garrison Commander Col. Gregory McClinton and Garrison Command Sgt. Major James Ervin sign a proclamation, which declares Oct. 23-31 as Red Ribbon Week. Members of the APG community are encouraged to participate in drug prevention education activities and wear and display red ribbons on Friday, Oct. 26 to demonstrate their commitment to living a healthy, drug-free lifestyle. For more information about drug prevention education call the Army Substance Abuse Program at 410-278-4013.

Retiree Appreciation Day offers abundance of information

Story and photo by  
**YVONNE JOHNSON**  
APG News

Hundreds of area retirees attended the annual Retiree Appreciation Day at the APG North (Aberdeen) recreation center Oct. 20. The APG Retiree Council and Team APG hosted the event. Guests included Installation and CECOM Commander Maj. Gen. Robert Ferrell; Garrison and Deputy Installation Commander Col. Gregory McClinton and guest speaker Kenneth Preston, former Sergeant Major of the Army.

“We are here to take care of the men and women who took care of us,” McClinton said during opening remarks. “You are an important part of the Army community and we salute you.”

See FORMER, page 10



Public Health Nurse Ann Laughton fastens a blood pressure cuff to Army retiree William Hendrik at the Kirk U.S. Army Health Clinic display during the APG Retiree Appreciation Day event at the APG North (Aberdeen) recreation center Oct. 20.

Fee-free layaway at Exchange

**AAFES**

A good program just got better as the Army & Air Force Exchange Service’s Holiday Layaway program is now fee-free.

Shoppers simply select their gifts for layaway and stop by customer service to complete the layaway process.

“Fee-free” means that while the APG Exchange collects an initial \$3 processing fee for new layaways, that amount is returned to customers, via an Exchange Merchandise Gift Card, upon final payment and pick up of their items.

In addition, toy layaways will be extended through Dec. 23. Gifts are safely out of sight until final payment and pick-up just before Christmas. Also, for a limited time only, Nov. 1 through Dec. 16, APG shoppers can place computers, laptops, iPads and netbooks on layaway.

“The APG Exchange continues to beat the competition when it comes to

See FREE, page 11

Hallelujah Harvest provides Halloween alternative

By **RACHEL PONDER**  
APG News

Hallelujah Harvest, a Family-friendly alternative to Halloween, will be held at the APG North (Aberdeen) main post chapel, Bldg. 2485, Wednesday, Oct. 31, from 5:30 to 7:30 p.m.

“This is a safe and fun alternative to trick-or-treating that the whole Family can enjoy together,” said APG Director of Religious Education Gerri Merkel. “This annual event has been a big hit with the APG community in previous years. This year, we hope to see some new faces.”

During the event, attendees can win prizes at carnival-style games like Spin the Wheel, Musical Treat Walk, Disk

See HALLELUJAH, page 11

STEM Merit Badge Day draws more than 250 Scouts

Story and photo by  
**RACHEL PONDER**  
APG News

More than 250 Boy Scouts from surrounding states gathered at Aberdeen Proving Ground Oct. 20 for the second annual STEM Merit Badge Day.

Volunteers from Team APG and the Baltimore Area Council of Boy Scouts of America organized the event. Volunteers helped Scouts, ages 11-18, earn merit badges in one of 16 science, technology, engineering and mathematics, or STEM, related fields.

Last year, Boy Scouts of America incorporated elements of STEM in its advancement, or merit badge, programs. The aim is to expose youth to opportunities, help them develop skills critical for the competitive world market, and to increase an interest in STEM subjects by making them relevant and fun.

The day began with opening ceremonies at Shore Park. A color guard

See SCOUTS, page 11



Sgt. Terence Ellis, from an U.S. Army Public Health Command, watches as Zach Miller, from Troop 460, tests the pH levels in water samples during the second annual STEM Merit Badge Day, organized by volunteers from APG and Baltimore Area Council of Boy Scouts of America. During this event, organizations displayed technologies and innovations currently in use by government civilians and Soldiers to show how STEM education applies to career fields at APG.

**WEATHER**  
Thurs.  
  
71°|60°

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STREET TALK

What’s your Halloween costume?

“Scream



Jordan Richards  
Age 9

“A fairy



Marisol Macias  
Age 8

“A cop



Rodney Williams  
Age 9

“Dracu-lola, from the T.V. show Monster High



Kaleigh Devorak  
Age 9

“Minnie Mouse



Lauryn Carr  
Age 8

OPINION

Families urged to play it safe this Halloween

Halloween is one of children’s most beloved holidays. But it’s also a time to exercise extra caution.

Parents are encouraged to heed the annual warnings on costumes, lighting and stranger-danger.

■ Children should wear costumes that are fireproof, have large eyeholes and can be seen at night.

■ Residents should ensure their homes are safe for visiting trick-or-treaters by turning on exterior lights. In addition to providing the appropriate amount of lighting, it signals children that you are handing out candy.

■ For those who place candlelit jack o’ lanterns on their porch, make sure the fire is far enough out of the way so that children’s costumes won’t accidentally catch on fire. Or better yet, consider using battery-operated candles.

■ Be alert for children in danger, and if you have safety concerns that you don’t know how to address, notify the police.

■ Don’t leave your pets outside. They never fare well on Halloween. And if your pet is less than social, sep-



arate him or her from the crowd during a gathering – costumes can be frightening.

■ While out, be aware of your surroundings. Have your cell phone handy and do not hesitate to report unsafe acts that endanger your children or your neighbors.

■ Plan a safe route for all the children, regardless of age. Small children should never be allowed to be alone. If there is not a responsible adult with your children, they should go out during daylight hours only. Insist that your child stays in well-lit areas and does not cut through back alleys and fields.

■ Children should not stop at unfamiliar homes, even in their own neighborhoods, unless they are accompanied

Families and friends have a safe and happy Halloween. APG trick-or-treating hours are 6 to 8 p.m. on Oct. 31.

by an adult. Ensure that your child carries a flashlight, glow stick or has reflective tape on his or her costume to make them more visible to cars.

These and other common sense tips will help our residents, Families and friends have a safe and happy Halloween. APG trick-or-treating hours are 6 to 8 p.m. on Oct. 31. No other time is authorized for trick-or-treaters, unless in your home or at an authorized indoor facility.

Families are also urged to take advantage of other fall festivals. The bottom line is that the garrison commander expects adults and youth to be vigilant and keep it safe, not frightful, this season!

James E. Ervin  
Garrison Command Sergeant Major,

Spouses hold front line on detecting depression

Military leaders all the way to the commander in chief are drawing attention to the importance of good mental health and putting resources into programs to help veterans, service members and their families.

But when it comes to recognizing and treating mental health problems, such as depression, spouses are the first line of defense, some treatment professionals say.

“The spouse knows the patient better than I do; they’ve been living with them for years,” Dr. James Bender, a clinical psychologist with the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, told me. “They’re kind of at the front line of this.”

Symptoms of depression can be subtle and hard to detect, said Bender, a former Army captain and an expert on stress and post-traumatic stress disorder. “Feeling sad or having a depressed mood is only one of the symptoms of depression,” he said.

Other signs of depression include:  
■ Trouble concentrating;  
■ Changes in eating and sleeping – either too much, or barely at all;  
■ Anger or irritability;  
■ Low sex drive;  
■ Social withdrawal; and  
■ “The hallmark symptom” of losing interest in activities he or she used to enjoy.

“He may be lying on the couch watching TV all the time and gaining weight,” Bender said.

Sometimes there is one traumatic event that triggers depression, making symptoms more sudden and easier to identify, Bender said. “But usually it’s a cumulative effect that gets a little worse day by day, and sometimes the spouse just gets used to it.”

“Having good family support is a very good predictor of getting better.

Dr. James Bender

Clinical psychologist with the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury

Indeed, Bender said, “I’ve had patients who have been depressed and didn’t really know it.”

For people who don’t recognize the symptoms in their loved ones, the manifestations of depression can be frustrating. “Maybe it’s a parent who used to be engaged with the kids and now just wants to sit around and watch TV,” he said.

As we spoke, I thought about all the couples – and families – whose relationships could be ruined by untreated depression. Although there is no hard data to prove it, Bender agreed, “it’s got to be really high.”

In fact, he added, “patients usually come in and say, ‘My spouse suggested it, but I think I’m fine.’”

Bender said he likes to bring in the spouse, at least once, with the patient’s permission to explain the form depression often takes. “Depressed people often are not fun to be around,” he said. “It can be a lifestyle change for the spouse.”

The good news is that depression is very treatable, especially when families are supportive. “Having good family support is a very good predictor of getting better,” he said.

The best treatment combines drug therapy with psychotherapy, or “talk therapy,” Bender said. Antidepressant drugs treat the symptoms, but not the underlying cause of depression, which a counselor can help determine and

give coping strategies for, he said.

“What you’re doing is gaining the skills to deal with what makes you depressed,” he said. “It’s really skills-based training.”

Medications can take two to eight weeks to work and are effective about 75 percent of the time, Bender said, although there can be side effects, such as decreased sex drive. Psychotherapy usually involves an hour a week with a counselor plus homework, but typically takes less than three months to complete, he said.

“Most people who complete psychotherapy, learn how to fix themselves,” he added.

The first step in treatment is to talk to your family doctor. If he or she doesn’t refer you to a counselor, Bender said, you can find one in your area through the American Psychological Association.

The hardest part, however, can be recognizing there is a problem and discussing it with your loved one.

“One thing that is successful with a lot of spouses is to say, ‘I want you to do this for us. Maybe you can deal with you not feeling well, but for the sake of me, or for the sake of our marriage — or for kids – I would like for you to get treatment,’” Bender said.

Lisa Daniel  
Family Matters Blog

APG SEVEN DAY FORECAST

Thurs



71°|60°

Fri



69°|56°

Sat



68°|53°

Sun



59°|44°

Mon



49°|39°

Tue



48°|40°

Wed



54°|43°

APG NEWS



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Deadline for copy is Thursday at noon for the following Thursday’s paper.

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# KUSAHC hosts breast cancer awareness event

Story and photo by  
**RACHEL PONDER**  
*APG News*

Kirk U.S. Army Health Clinic hosted a “Think Pink Day” in recognition of Breast Cancer Awareness Month, Oct. 17.

Attendees gathered in the Ortiz Training Conference Room, where Oncology Supportive Care Coordinator Community Liaison Patsy Astarita, from Upper Chesapeake Hospital, gave a presentation on support services for breast cancer patients and survivors in Harford County.

Astarita said that Upper Chesapeake Cancer LifeNet serves all Harford and Cecil County residents, regardless of where they are seeking clinical treatment. Patients and Families who visit Upper Chesapeake Cancer LifeNet receive counseling services and education from social workers and oncology nurses. Upper Chesapeake Cancer LifeNet Nurse Navigators also link patients to local support services for their physical, emotional, and financial needs. More information can be found on [www.uchcancer.org/html/cancer\\_survivors.html](http://www.uchcancer.org/html/cancer_survivors.html).

Astarita said that Upper Chesapeake Hospital continues to support the American Cancer Society’s guidelines that annual mammograms save lives for women age 40 years and older. She recommended sending mammogram reminder cards to friends and Family during October or around their birthday.

“You might be saving their life, reminding them to do that,” she said.

Astarita added that in addition to mammograms, women can also reduce their risk of breast cancer by maintaining a healthy weight, exercising 45-60 minutes five or more days a week, limiting alcohol intake and hormone replacement therapy.

“Breast cancer is the second most common cancer among women,” she said. “The good news is there are two and a half million breast cancer survivors.”



Attendees at Kirk U.S Army Health Clinic’s annual breast cancer awareness event participate in a Zumba session led by instructor Sandy Sanders (not pictured) Oct. 17.

Astarita added that while patients receive treatment, emotional support from friends and Family is crucial.

“It really isn’t about what you say, it is about being present,” she said. “Let people know that you are thinking about them, but don’t make false reassurances. The most important thing is to stay connected and try to maintain that friendship.”

Breast cancer survivors Joya Tucker and Ann Laughton, from KUSAHC, were also honored with pink corsages.

Laughton said that even though her annual mammogram was normal, she detected a lump while doing a breast self-exam.

“Self breast exams are critical,” she said.

The event also included a Zumba session from instructor Sandy Sanders, pink refreshments and a group photo, in which attendees posed with pink ribbon balloons.

**Breast cancer is the second most common cancer among women. The good news is there are two and a half million breast cancer survivors.**

**Patsy Astarita**

Oncology Supportive Care Coordinator  
Community Liaison, Upper Chesapeake  
Hospital



(From left) Lt. Col. Ellen Daly Commander of Kirk U.S Army Health Clinic chats with the Oncology Supportive Care Coordinator Community Liaison Patsy Astarita, from Upper Chesapeake Hospital. Astarita was the guest speaker during KUSAHC’s “Think Pink Day,” in recognition of Breast Cancer Awareness Month, Oct. 17.



# Recognizing the symptoms of workplace stress can make the difference between success and failure

ASAP

While some workplace stress is normal, excessive stress can interfere with your productivity and impact your physical and emotional health. And your ability to deal with it can mean the difference between success or failure. **Helpguide.org** discusses the fact that you can't control everything in your work environment, but that doesn't mean you're powerless—even when you're stuck in a difficult situation. Finding ways to manage workplace stress isn't about making huge changes or rethinking career ambitions, but rather about focusing on the one thing that's always within your control: you. Your emotions are contagious, and stress has an impact on the quality of your interactions with others. The better you are at managing your own stress, the more you'll positively affect those around you, and the less other people's stress will negatively affect you.

- Signs and symptoms of excessive job and workplace stress**
- Feeling anxious, irritable, or depressed
  - Apathy, loss of interest in work
  - Problems sleeping
  - Fatigue
  - Trouble concentrating
  - Muscle tension or headaches
  - Stomach problems
  - Social withdrawal
  - Loss of sex drive
  - Using alcohol or drugs to cope
- You can learn how to manage job stress. There are a variety of steps you can take to reduce both your overall stress levels and the stress you find on the job and in the workplace. These include:
- Taking responsibility for improving your physical and emotional well-being.
  - Avoiding pitfalls by identifying knee jerk habits and negative attitudes that add to the stress you experience at work.

- Learning better communication skills to ease and improve your relationships with management and coworkers.
- Five Ways to Dispel Stress**
- Take time away. When stress is mounting at work, try to take a quick break and move away from the stressful situation. Take a stroll outside the workplace if possible, or spend a few minutes meditating in the break room. Physical movement or finding a quiet place to regain your balance can quickly reduce stress.
  - Talk it over with someone. In some situations, simply sharing your thoughts and feelings with someone you trust can help reduce stress. Talking over a problem with someone who is both supportive and empathetic can be a great way to let off steam and relieve stress.
  - Connect with others at work. Developing friendships with some of your coworkers can help buffer you from the

negative effects of stress. Remember to listen to them and offer support when they are in need as well.

- Look for humor in the situation. When used appropriately, humor is a great way to relieve stress in the workplace. When you or those around you start taking things too seriously, find a way to lighten the mood by sharing a joke or funny story.

When stress at work interferes with your ability to perform in your job, manage your personal life, or adversely impacts your health, it's time to take action. Start by paying attention to your physical and emotional health. When your own needs are taken care of, you're stronger and more resilient to stress. The better you feel, the better equipped you'll be to manage work stress without becoming overwhelmed. For more information contact Robin Stokes, ASAP Employee Assistance Program Manager at 410-278-5319 or visit **Helpguide.org**

# Medication turn-ins nearly double during fall campaign



Photo by Cindy Scott

Army Substance Abuse Program and Directorate of Emergency Services personnel delivered almost 300 pounds of expired, unused, and unwanted prescription and over-the-counter medications to the Havre de Grace Police Station for proper disposal on Sept. 29.

By **RACHEL PONDER**  
*APG News*

Members of the APG community turned in 295 pounds of expired, unused, and unwanted prescription and over-the-counter medications to Army Substance Abuse Program and Directorate of Emergency Services personnel during APG's Prescription/Over-the-Counter Take-Back Campaign between Sept. 24 and Sept. 28.

On Sept. 29, ASAP and DES Community Policing delivered the collected prescription and over-the-counter drugs to the Havre de Grace Police Station for proper disposal. The weight from this campaign almost doubled the weight from APG's last Take-Back campaign in April.

"We increased the number of drop-off locations; that made it easier to participate. A police officer or pharmacist must be present during all medication collections and we had their support," said ASAP Prevention Coordinator Cindy Scott. "Also, organizations worked together to advertise, to make the event a success."

Throughout the week, drop-off locations were available at APG North (Aberdeen) and APG South (Edge-wood) police stations and at the Kirk U.S. Army Health Clinic pharmacy. In addition, special one-time drop-off sites were offered at the C4ISR Center of Excellence Campus, at the post theater during the APG Garrison suicide prevention training, at the 22d Chemical Battalion during its annual safety day event, and at Shine Sports Field during the opening night of the Oktoberfest.

The Prescription/Over-the-Counter Take-Back Campaign provides the public an opportunity to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused and unwanted prescription and over-the-counter drugs. During the campaign, community members are able to turn in medications at no cost with no questions asked.

"We have found that the majority of teenagers get drugs illegally from home, or grandma's house, or the neighbor's house, where people have them sitting around, not thinking about it," Scott said. "At work, it is also dangerous to leave medications on desks, out in the open. How we control our medication, as well as where we store them can make a difference in public safety."

Scott added that expired drugs may be less effective and cause some people to overdose by taking more than they should to get the same effect.

Scott said that ASAP and DES plan to offer this service to the APG community every spring and fall, to coincide with National Prescription Take Back Day, which occur in April and September every year.

The next APG Prescription/Over-the-Counter Take-Back Campaign will take place April 27, 2013. For more information call 410-278- 4013 or e-mail Cynthia.Scott4@us.army.mil, or contact Crime Prevention and Community Policing Officer Mike Farlow at 410-278-3609 or e-mail Michael.Farlow@us.army.mil.



U.S. Army Photo

## Retiree Appreciation Day

Maj. Gen. Robert Ferrell, APG installation and CECOM commander, talked with Jody Thomas and Melanie Rutkauskas, both of the Better Business Bureau, about services available through the organization during Aberdeen Proving Ground's annual Retiree Appreciation Day Oct. 20.

Meet **Cindy Scott**, a prevention coordinator with the installation's Army Substance Abuse Program.

The ASAP provides public health support to military, civilians, retirees and Family members in the form of prevention education awareness events, campaigns, and training as well as the ASAP Employee Assistance Program, drug testing, and substance abuse clinical services.

Noting that the Garrison leadership signed a proclamation declaring Oct. 23-31 as Red Ribbon Drug Free Awareness Week at APG, Scott said the ASAP has red ribbons available for those who wish to wear red on Friday, Oct. 26 to demonstrate their support for a drug-free APG community. In addition, on Sunday, Oct. 28 (Red Ribbon Sunday) displays will be available for Sunday school classes at both APG chapels, she said.

"We hope that our entire APG community will take advantage of this opportunity to stop and think about the role we all must take in a safe and drug-free APG and USA."

Scott said she loves being a part of and supporting military families.

"Our Soldiers, civilians, retirees and Family members deserve all that we can



**Cindy Scott**  
Army Substance Abuse Program  
Prevention coordinator

do to support them and show our appreciation for their service," she said. "Last month, ASAP and DES Community Policing collected nearly 300 pounds of expired, unused and unwanted prescription and over the counter medicines which has a direct impact on public safety. During the Retirees Appreciation Day this past Saturday, APG rallied in support of our retirees, their families and our Gold Star families and ASAP gave out pocket size medicine record cards and pill boxes to promote safe medicine use and storage. Assisting our most deserving is what I enjoy most about my job."

Scott is located in the ASAP Bldg. 2477 Chesapeake Avenue. The office is open for business 7:30 a.m. to 5:30 p.m., Monday through Friday. For more information, call 410-278-4013 or the main ASAP number at 410-278-DRYG; e-mail [cynthia.m.scott4.civ@mail.mil](mailto:cynthia.m.scott4.civ@mail.mil); or visit the Garrison website at <http://www.apg.army.mil/apghome/sites/local/> and click on Army Substance Abuse Program under the Quality of Life Service column.



# MARK YOUR CALENDAR

**THURSDAY  
OCT. 25  
DISABILITY AWARENESS  
MONTH OBSERVANCE**

Team APG and the Disability Employment Program Committee will host the National Disability Awareness Month observance today 10:30 to 11:30 a.m. at the APG North (Aberdeen) recreation center, Bldg. 3326. The guest speaker is Harford County State's Attorney Joseph Casilly, speaking on the theme "A Strong Workforce is an Inclusive Workforce: What can YOU do?"

The event includes morning and afternoon workshops:

■ 9 to 10 a.m. and 1 to 2 p.m., Classroom 102 - "Schedule A Hiring Authority – How does it really work?" Presented by Jill McClintick, CPAC (25 seats available)

■ 9 to 10 a.m. and 1 to 2 p.m., Classroom 104 - "Preparing children with disabilities to move from school to work" Presented by Nancy Goucher, ACS, (25 seats available)

To register for a workshop or for more information, contact Tracy Marshall, Installation EO, at 443-861-4366 or e-mail [tracy.y.marshall.mil@mail.mil](mailto:tracy.y.marshall.mil@mail.mil).

Sign language interpreters will be available. For other disability-related accommodations call 443-861-4355.

**THURSDAY SOCIALS START  
THIS WEEK**

Socialize, network or just unwind with fellow Soldiers, coworkers, friends and Family while enjoying good food, music and camaraderie during Thursday Socials, 4 to 7 p.m., in the Top of the Bay Gunpowder Lounge. Thursday Socials include complimentary light refreshments and a cash bar with additional fare for sale.

For more information, contact Teri Hall at 410-278-3062.

**RESTORATION ADVISORY  
BOARD**

The RAB meeting will be held on 7 p.m. at the Ramada Conference Center, the topic will be Military Munitions Response Program Update.

**FRIDAY  
OCT. 26  
RED RIBBON AWARENESS  
DAY**

Wear red on Friday, Oct. 26 to demonstrate your support for a drug-free APG community.

**FRIDAY AND SATURDAY  
OCT. 26 AND 27  
OPEN RECREATION FOR  
TEENS**

Come out to the high school teen Open Rec. meet new friends, shoot some hoops, play some pool. Whatever you like to do, you'll find it here. And if not, we'll work to make it happen. Your only job is to have fun while you're here. Bring money if you want pizza and bring games from home to play. We have every game system you can think of. Every Friday and Saturday from 6 p.m. – midnight at the Aberdeen Area Youth Center, Bldg. 2522. Open to students currently in high school. Bring up to two non-DoD friends. For more information contact Kirby Kelbaugh at [Michael.k.kelbaugh@us.army.mil](mailto:Michael.k.kelbaugh@us.army.mil) or call 410-278-4995.

**TUESDAY  
OCT. 30  
BREAST CANCER  
AWARENESS SEMINAR**

October is Breast Cancer Awareness Month. The C4ISR Center of Excellence is offering a Breast Cancer Awareness Seminar from noon – 1 p.m. in the Myer Auditorium, Bldg. 6000. Guest presenter will be Dr. Atsuko Okabe, from MedStar Franklin Square Medical Center in Baltimore. The presentation is open to installation employees, contractors and military. For more information, contact Tiffany Grimes at 443-861-7910 or [tiffany.l.grimes.civ@mail.mil](mailto:tiffany.l.grimes.civ@mail.mil) or Keosha Pointer at 443-861-7915 or [keosha.l.pointer.civ@mail.mil](mailto:keosha.l.pointer.civ@mail.mil).

**WEDNESDAY  
OCT. 31  
HALLELUJAH HARVEST**

Community members can enjoy a fun and safe alternative to Halloween during the Hallelujah Harvest at the APG North main post chapel from 5:30 to 7:30 p.m. Attendees are invited to come dressed up as their favorite Bible character or saint. This free event features games, prizes, food,

including funnel cakes. Activities will include: spin the wheel, musical treat walk, disk drop game, bean bag toss, fish pond, face painting, balloon pop, limbo, crafts and more. To volunteer or for more information, contact Caroline Merkel at [caroline.j.merkel.civ@mail.mil](mailto:caroline.j.merkel.civ@mail.mil) or call 410-278-2516.

**CIVILIAN WELLNESS  
PROGRAM DEADLINE**

The Civilian Wellness program allows you to include up to three hours of exercise in your weekly work schedule. Participation requires supervisory approval and Oct. 31 is the last day forms may be submitted to the program coordinator in order to participate. You must submit your forms, with supervisor signature, to Wendy LaRoche at [wendy.laroche@us.army.mil](mailto:wendy.laroche@us.army.mil) or Celestine Beckett at [celestine.beckett.civ@mail.mil](mailto:celestine.beckett.civ@mail.mil). Contact LaRoche, 410-417-2312, or Beckett, 410-306-2333, for more information.

**THURSDAY  
NOV. 1  
PREVENTIVE LAW SERIES –  
ESTATE PLANNING**

As part of our ongoing Preventive Law Series, the Client Services Division of the APG Legal Office will offer a presentation on Estate Planning on Thursday, Nov. 1 from 11 a.m. to noon at the Myer Auditorium (Bldg. 6000). Topics covered will be wills, trusts, powers of attorney and probate vs. non-probate assets.

All Service members, retirees and their Family members are encouraged to attend; government civilian employees may also attend as space permits.

For more information, contact Christi Peterson at [Christi.c.peterson.civ@mail.mil](mailto:Christi.c.peterson.civ@mail.mil)

**MONDAY  
NOV. 5  
NAF OPEN SEASON BEGINS**

The Nonappropriated Funds (NAF) Open Season runs Nov. 5 - 30. Department of the Army has mailed literature directly to eligible employees' home addresses explaining the changes and options available to each regular full-time and regular part-time employee. Additional information may be accessed at: **[www.NAFBENEFITS.com](http://www.NAFBENEFITS.com)** All changes must be processed before close of business Nov. 30. To make an appointment to make changes to benefit elections or for answers to questions, call NAF Human Resources 410-278-5127/8992/8994.

**TUESDAY AND WEDNESDAY  
NOV. 6-7  
HOLIDAY BAZAAR**

Come check out holiday arts and crafts, home décor, jewelry, gift items, baked goods and more from local vendors during the 2012 Holiday Bazaar 10 a.m. to 2 p.m. at the APG North (Aberdeen) recreation center and receive a chance to win giveaways while you shop. For more information, contact the FMWR Leisure Travel Office at 410-278-4011 or visit **[www.apgmwr.com](http://www.apgmwr.com)**.

**WEDNESDAY  
NOV. 7  
HONOR VETS AT PERRY  
POINT WITH A VISIT**

Aberdeen Proving Ground is honoring the veterans residing at the Perry Point

Medical VA Center in Perry Point, Md., Nov. 7, from noon to 4 p.m. This event will allow volunteers to spend time with those who have served our nation and paved the way for our future. Volunteers will participate in several activities including bowling, spades and bean bag toss at the Perry Point Recreation Center. The goal is for 60 personnel to volunteer for the trip, 10 personnel per unit, including Family members. Civilian employees are welcome to participate, but must take leave, as appropriate. Bus transportation will be provided at noon in the APG Exchange (PX) parking lot. Refreshment will be provided during the event in the gymnasium, but participants are advised to eat lunch prior to the event. For more information, or to register by 3 p.m. on Nov. 1, email Spc. Eric Jimenez at [eric.jimenez3@us.army.mil](mailto:eric.jimenez3@us.army.mil).

**SMALL BUSINESS  
WORKSHOP**

In honor of APG Veterans Appreciation Month, this event will provide information and advice to assist veterans with their small businesses. The workshop will be held 11:30 a.m. to 1 p.m. at Army Community Service Bldg. 2503.

**BOSS PROGRAM VISIT TO  
PERRY POINT**

In honor of APG Veterans Appreciation Month, join the members of Better Opportunities for Single Soldiers (BOSS) on a visit to hospitalized veterans at the Perry Point VA Medical Center in Perryville to play cards and enjoy other recreational activities, noon to 4 p.m. Meet in the APG Main PX parking lot at noon.

**FRIDAY  
NOV. 9  
MARINE CORPS BIRTHDAY  
LUNCH**

Are you a Marine who works on APG? All Marines, Active, Reserve, Retired, FMF Corpsman, Veteran, Army Civilian or DoD Contractor are invited to a luncheon at Top of the Bay on Friday, Nov. 9 at noon. Cost \$15.00 paid in advance. Let's get together and celebrate our 237th Birthday as is our tradition.

For more info go to **[www.Maryland-Marines.org](http://www.Maryland-Marines.org)** or RSVP to Craig Reeling at 443-477-0670 Once a Marine, Always a Marine.

**SATURDAY  
NOV. 10  
VETERANS DAY CEREMONY  
AND EVENTS**

Honoring all who served. Events include Victory Fun run/Walk at 8 a.m.; Veterans Day ceremony at 9 a.m.; Pancake Breakfast at 9:45 a.m.; Live Band Performances at 11 a.m. and the Laugh Out Loud (LOL) Comedy Show at 8 p.m. For more information contact Capt. Maritzabel Mustafaa at 410-278-2104 or [maritzabel.mustafaa.mil@mail.mil](mailto:maritzabel.mustafaa.mil@mail.mil)

**SATURDAY  
NOV. 17  
CROP TILL YOU DROP**

Seasoned or beginning scrap bookers, gather your photos and enjoy a day of scrapbooking with your friends. Come and "Crop Till You Drop" from 9 a.m. to 5 p.m. at the APG North (Aberdeen) recreation center, Bldg 3326.

The cost is \$25. Call to reserve a seat or table. For more information or to make reservations, contact Patti Harkins, Civilian Welfare Fund Office, at 410-436-4467 or e-mail [patricia.e.harkins.naf@mail.mil](mailto:patricia.e.harkins.naf@mail.mil)

The day includes lunch and door prizes and giveaways. Vendors will be available with a variety of scrapbooking necessities.

**SATURDAY  
NOV. 10  
LAUGH OUT LOUD TOUR  
FREE FOR VETERANS**

Come enjoy an evening of pure hilarity as MWR presents the Laugh Out Loud 2012 Comedy Tour featuring active duty service members and veterans. The headliner is Josh Blue, winner of NBC's "Last Comic Standing." Entertainers include "The GIs of Comedy:" USAF Maj. Jake Sarduy, retired Army Staff Sgt. Thom Tran, former USMC Sgt. Will C, and former Army Pfc. Tom Irwin. Comedian/ Soldier Jody Fully will emcee. Doors open 7 p.m.; show starts 8 p.m.

There will be free food and a cash bar. General admission is \$15; \$12 for CAC ID holders. This show contains adult content; guests must be 18 and older. For more information, visit the Leisure Travel Office in the APG North (Aberdeen) recreation center, Bldg. 3326, 410-278-4011, or go to the APG MWR website at **[www.apgmwr.com](http://www.apgmwr.com)**.

**TUESDAY  
NOV. 13  
VETERANS GOLF  
TOURNAMENT**

FMWR will hold a Captain's Choice, Four Person Scramble Golf Tournament honoring the nation's veterans with a Shot Gun start of 8:30 a.m. at Ruggles Golf Course. The event is open to all veterans.

The \$60 price includes 18 holes, a golf cart and lunch. Sign up at the golf course. There is a \$5 discount for those signing up prior to Nov. 5.

For more information, contact Richard Bond, Ruggles manager, at 410-278-4794 or e-mail [richard.j.bond10.naf@mail.mil](mailto:richard.j.bond10.naf@mail.mil)

**SATURDAY  
NOV. 24  
NEWYORK CITY BUS TRIP**

Spend the day in the Big Apple, at your leisure. There will be plenty of time for shopping, taking in the sights

or catching a Broadway Show. The cost is \$46 per person for round trip coach fare. Bus departs APG at 6 a.m. and returns approximately 10 p.m. For more information or to make reservations, contact Patti Harkins, Civilian Welfare Fund Office, at 410-436-4467 or e-mail [patricia.e.harkins.naf@mail.mil](mailto:patricia.e.harkins.naf@mail.mil)

**TUESDAY  
NOV. 27  
NATIVE AMERICAN  
HERITAGE MONTH  
OBSERVANCE**

RDECOM along with Team APG will be hosting this year's National American Indian Heritage Month Observance Nov. 27 at the APG Recreation Center 10:30-11:30 a.m. For more information or to volunteer, contact SFC David J. Hall, RDECOM Equal Opportunity Advisor @ 306-2425 or [david.j.hall.mil@mail.mil](mailto:david.j.hall.mil@mail.mil)

**SATURDAY  
DEC. 8  
FREE SKATING AT ICE WORLD**

Enjoy free admission courtesy of CWF from 5:45 to 7:45 p.m. Bring your own skates or rent them. Advance reservations required. For more information or to make reservations, contact Patti Harkins, Civilian Welfare Fund Office, at 410-436-4467 or e-mail [patricia.e.harkins.naf@mail.mil](mailto:patricia.e.harkins.naf@mail.mil)

**ONGOING  
COMBINED FEDERAL  
CAMPAIGN**

The annual Combined Federal Campaign is underway. For a list of charities or to make a contribution, visit **[https://www.cfcnexus.org/\\_chesapeake/](https://www.cfcnexus.org/_chesapeake/)** For more information, contact Tom Johnson at 410-278-6456 or e-mail [thomas.g.johnson5.civ@mail.mil](mailto:thomas.g.johnson5.civ@mail.mil).

**NEW U-FOOD GRILL OPEN  
IN BLDG. 6010**

The newest U-Food Grill has opened in Bldg. 6010. Hours of operation are Monday – Friday, 7 a.m. – 4:30 p.m.

**ENTER RED RIBBON CONTEST  
BY NOV. 2**

Families can get involved promoting awareness in youth drug prevention activities by participating in the National Red Ribbon Week contest to win a \$1,000 grant for their school and a new iPad for their home.

To enter, students and parents decorate their front door, mailbox, fence, etc. with this year's theme: "The Best Me Is Drug Free." Then, take a photo with the family and the Red Ribbon Week decorations and upload the photo to [www.redribbon.org/contest](http://www.redribbon.org/contest) or **[www.facebook.com/RedRibbonWeek](https://www.facebook.com/RedRibbonWeek)** by Nov. 2. (Only parents or those 18 or older can upload photos). Then, the voting begins. Ask family and friends to vote for your entry at **[www.redribbon.org/vote](http://www.redribbon.org/vote)** from Nov. 2 through Nov. 16.

Ten lucky winners from regions across the nation will win. Winners will be announced during events at the winning schools in December.

In its 27th year, Red Ribbon Week, celebrated Oct. 23-31, is the oldest and largest drug prevention campaign in the nation. The National Family Partnership (NFP) and the U.S. Drug Enforcement Agency (DEA) are co-sponsors of this year's national contest.

For more information, visit **[www.redribbon.org/contest](http://www.redribbon.org/contest)**.

**RT. 715 GATE MAY RESUME  
NORMAL HOURS EARLIER  
THAN PLANNED**

The Maryland Pond UXO operations, which have closed the APG's 715 Gate over the past several weekends, are ahead of schedule and winding down. Normal weekend gate operations may resume in early November. Please check the APG website, Facebook, and Twitter for the latest information.

**HUNTING PERMITS ON SALE**

APG 2012-2013 hunting permits are currently on sale at MWR Outdoor Recreation, Bldg. 2184, and the APG North (Aberdeen) Hunting Management Facility, building 550B1. For information about hunting at APG, visit **<http://www.apgmwr.com/recreation/odr/huntingfishing.html>**.



**MORE  
ONLINE**  
More events can  
be seen at **[www.apgnews.apg.army.mil/calendar](http://www.apgnews.apg.army.mil/calendar)**.



# APG Senior Leader Cohort 4 takes on Community Based Projects

By **SUE NAPPI**  
*CECOM*

The APG Senior Leadership Cohort Program is a one-year program for APG GS 14/15s and equivalents focused on developing high impact leaders at APG.

The program is structured to deepen each participant’s self awareness and self management so that they can become the most effective and productive leader they can be. The program emphasizes Action Learning where teams of participants work on community-based projects to address issues of strategic importance to the installation. The goal is to make progress on the strategic issue (action) while taking time out to learn about themselves as leaders and about how to get things done in a complex system where they have no formal authority (learning). By working on community-based projects, cohort participants get the opportunity to employ new learning and behaviors in a safe environment, while accomplishing a project that will benefit the greater APG community.

The Cohort program is now into its fourth year. The current group of Cohorts is halfway through the program and have made significant progress on their community based projects. There are ten projects underway, and project status was successfully briefed last week to a panel of APG Senior Executive Service members. Guidance and advice was offered by the executives and each project will now continue towards completion, with an outbrief scheduled with the APG executives in February 2013.

The ten community-based projects underway are:

**Enrichment of the Senior Management Association (SMA)**

This project builds upon a prior Cohort project that established a SMA for GS 14/15’s and SESs. The focus of this current project includes creating a strategic plan to address sustainability, marketing, governance and organizational structure of the SMA. Additionally, this project includes

**The APG Senior Leadership Cohort Program is a one-year program for APG GS 14/15s and equivalents focused on developing high impact leaders at APG.**

implementing networking events to meet focused needs of SMA members. For example they initiated a SMA-sponsored CBRN Networking event that was held October 16.

**Leveraging Government Core Competencies.**

The vision of this project is to facilitate resource sharing among APG tenants so that they can meet critical mission needs through local resources and expertise. Goals include developing a web-based tool to allow APG tenants to share requirements/needs so that other tenants can respond with cost-effective solutions. This project will expose APG tenants to the expertise of other APG tenants, helping each other to retain their critical knowledge base and a build a unified APG community while maximizing resource utilization.

**APG Military Mission Orientation (A.M.M.O.)**

This project is focused on creating an orientation program that provides employees with an overview on the missions conducted at APG and how they support the DOD Acquisition process. Their plan is to create an APG smart-book of organizations and their leadership, conduct a pilot run of three day orientation and to develop a transition and sustainment plan.

**APG Emerging Leadership Cohort Program**

Leveraging on the success of the APG Senior Leaders Cohort, this project will

create a six month developmental program for those aspiring to be leaders and managers at APG. Funding has been established and the curriculum is being finalized. Their goal is to launch the program in May 2013.

**APG Training Consortium**

Currently, APG tenant organizations have not fully coordinated or shared their training needs or resources among themselves. As a result, workforce development opportunities are being missed. The APG Training Consortium will increase class enrollments (reducing per student costs), and provide more local classes (eliminating travel costs), while increasing the variety and availability of classes.

**APG Leadership Developmental Assignment Program II**

Cohort 3 created a six month leadership developmental assignment pilot program, targeting GS14/15s at ATEC, CERDEC, ARL and AMSAA. This new project will expand the pilot to additional organizations, refine the program and recommend how the program can be self-sustained in the future.

**Energy Awareness and Savings Enterprise (EASE)**

The vision of this project is to establish APG as the model government facility for energy awareness and conservation. Their objectives include re-energizing the existing APG Action Plan by obtaining buy-in from APG tenants and adding

energy action to the installation commander’s top priorities. Additionally, they will establish a strategy to successfully implement the APG Action Plan.

**System of System Engineering (SoSE) Develop Program Plan**

Recognizing that there is a lack of expertise in SoSE, this project focuses on developing a plan for establishing a SoSE training program at APG. The Cohort team is investigating programs for adoption. They will identify candidates for the program and follow on developmental assignments.

**Health Engagement at APG for Life (HEAL)**

Fully engaged employees are committed to the success of their organization and bring their discretionary energy and passion to their work; go above and beyond what is expected; drive innovation and move the organization forward. This project will document the outcome from a Performance Energy Manage approach being implemented at CMA that aims to fully engage their employees. The outcome will be coupled with private sector findings, meaningful metrics will be developed and the approach will be marketed to the workforce.

**Mission Speed-Dating**

This project adapts the speed dating concept (meet a large number of new people in a very short time) for use as an APG community tool to hold focused meetings with targeted groups in compact time frames. The project will complete demonstrations to test and refine the Mission Speed Dating tool. To date they have used it successfully to match interns and mentors within an APG organization.

Applications for Cohort 5 will be available in mid October. For more information about the program, please contact the Cohort 4 program manager, Sue Nappi, 443-861-6700, Susan.L.Nappi.civ@mail.mil



## Expect the unexpected

(From left) Stanton Zacker as Arthur Holwood is splashed with “blood” from Kathryn Anderson as Lucy, a vampire, after Charlie Burgos as Dr. Van Helsing stakes her in the neck during the performance of Dracula at the APG post theater Oct. 20. The play was performed by APG volunteers, many of them employees, Family members and Soldiers on post.

Photo by Rachel Ponder

# The Army wants you -- to vote!

By **JACQUELINE M. HAMES**  
*Defense Media Activity-Army*

Among the many freedoms Soldiers fight to defend, the right to vote is one of the most fundamental and officials at the Human Resources Command, or HRC, want to help the entire Army Family exercise that privilege.

The HRC, in partnership with the Federal Voting Assistance Program, or FVAP, is working to make the voting process easy and accessible to Soldiers, their families and Department of the Army civilians.

Lt. Col. Stewart Stephenson, chief of the Soldier Programs Branch with the HRC emphasized the importance of registering, updating information and voting “Our mission, our charge, is informing Soldiers on their right to vote,” Stephenson said. “Our goal is to (get) everybody that wants to vote, whether it’s a Family member, a DA civilian, a Soldier, (to get them to) understand they

can vote, they know how to vote, they are afforded the opportunity to do that, and that they know where to go to get assistance.”

There are more than 5,500 voting assistance officers, from company level to installation level, to help with the voting process, Stephenson said. “Every Army installation has a voting assistance officer now,” he added.

Voting assistance officers are there to help Soldiers register to vote and cast their vote by providing things like voter registration forms and informing them how best to return the ballots, but the responsibility to vote ultimately falls on the individual, Stephenson explained.

“You have to register, and you have to register early, update your address when you move and vote. You actually have to cast that vote,” he said. “The voting assistance officers have been trained. They can go through and help you based on your specific location.”

Soldiers can also visit the FVAP website at [www.fvap.gov](http://www.fvap.gov) to register and get information on submitting ballots for each state.

Soldiers who are deployed or have moved recently should be sure to update their information so officials can send them an absentee ballot. However, sometimes they have to take matters into their own hands.

“If you hit 45 days before the general election and you haven’t gotten anything from your local election official, don’t wait for them. There’s a federal absentee write-in ballot. Fill that out, send it in. They may pass in the mail, but you still got your vote in,” Stephenson advised.

Absentee ballots can be found on the FVAP website as well as in voting assistance offices at the unit level.

“We encourage people to vote. I would argue that it is not just a right, but an obligation,” Stephenson said, noting that voting is a freedom Soldiers defend.

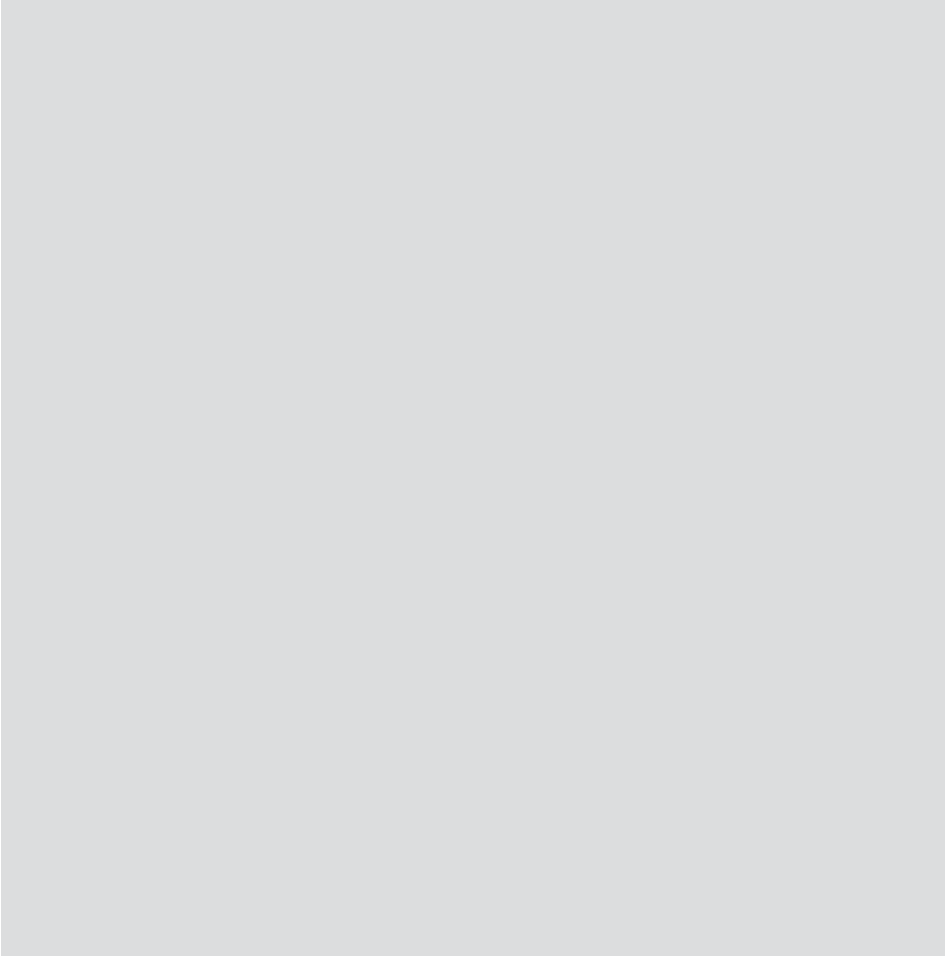
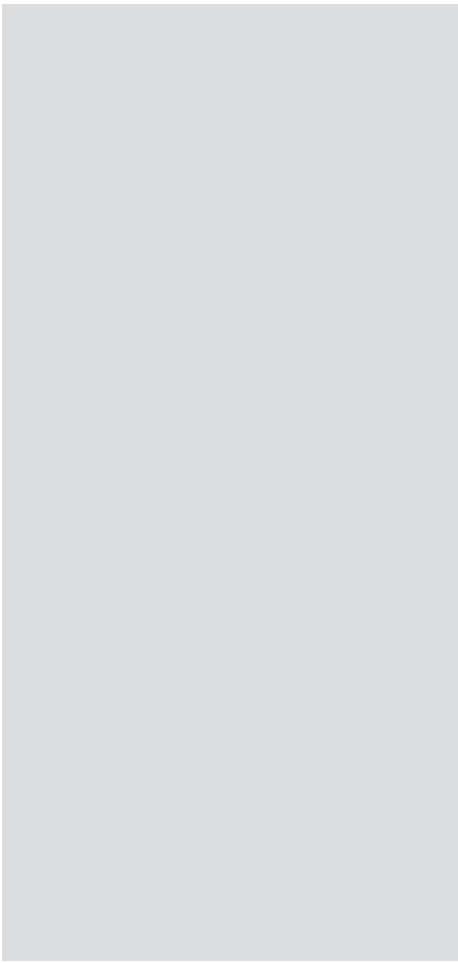
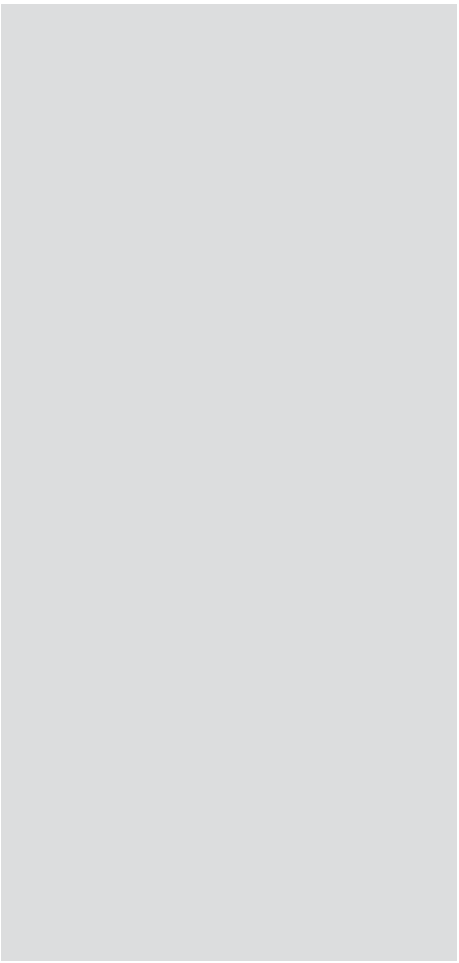
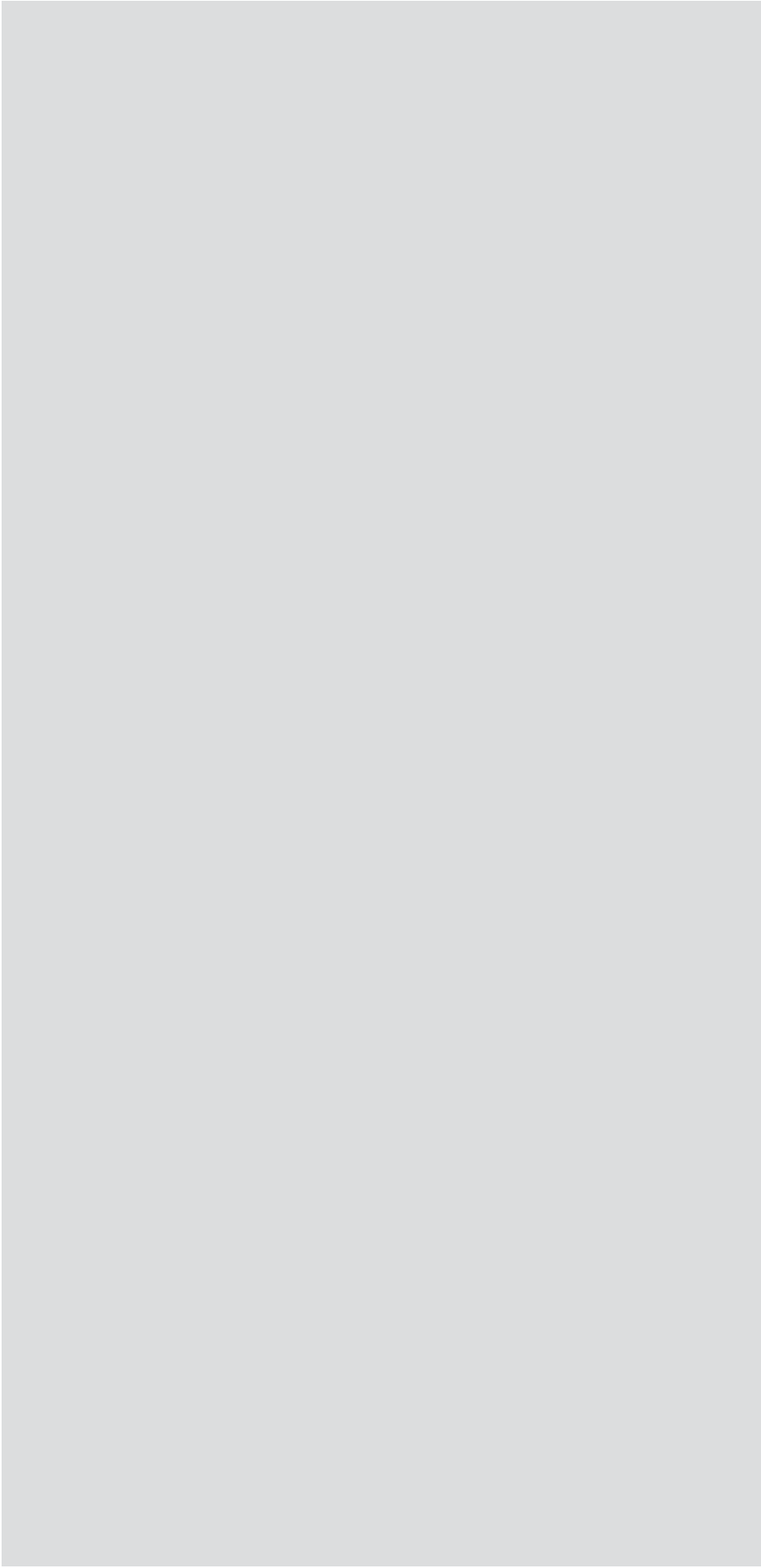
During election season, the best bet for a Soldier or someone representing the Army with doubts about proper office etiquette and election behavior is to talk with the chain of command, Stephenson said.

Generally speaking, don’t do anything in uniform that might give the impression that you are speaking for the Army, or that the Army specifically endorses a political party, he said.

“What we’re trying to do this presidential election year is establish an irreversible momentum and make the voting process so embedded in the force that we don’t slack off between (elections),” he said.

For more information on voting assistance policies, visit [www.hrc.army.mil](http://www.hrc.army.mil).

*Editor’s note: the Installation Voting Assistance Officer is Janet Dettwiler, and may be reached at 410-306-2301 or via e-mail at [janet.l.dettwiler.civ@mail.mil](mailto:janet.l.dettwiler.civ@mail.mil).*





# Former Sergeant Major of the Army speaks to retirees

Continued from Page 1

He remarked on changes to the installation, specifically the ongoing renovations to the Post Commissary, pointing out that the Defense Commissary Agency (DeCA) made the decision to support not only Soldiers but the retiree community. He encouraged listeners to continue taking advantage of APG facilities and services and to offer feedback “to ensure we are doing things to meet those needs.”

Retired Sgt. Maj. Frank Yoakum, co-chair of the APG Retiree Council, introduced Preston as “the longest serving Sergeant Major of the Army” and the president and director of Homes for Our Troops, the nonprofit organization that provides specially adaptive homes for Wounded Warriors.

Preston hailed the attendees as “recruiters,” “mentors,” and “force multipliers,” and strong supporters of services from the PX to Morale, Welfare and Recreation. He offered updates to the status of several pending and current initiatives such as the Temporary Early Retirement Authority (TERA) which will reinstate the 15-year retirement for noncommissioned officers denied continued service due to Qualitative Service requirements.

“The norm is still 20 years retirement,” he said.

He talked about and encouraged listeners to learn more about Survivor Benefit Plans (SBP), Combat Related Special Compensation (CRSC), Current Retirement and Disability Pay (CRDP) and other benefit improvements.

Noting that the Army Echoes magazine for retirees is transitioning to electronic copies, Preston stressed the importance of logging onto MyArmy-Benefits (MAB) [myarmybenefits.us.army.mil] to keep abreast of current legislation affecting military benefits.

“It’s a library,” he said. “You will find over time as benefits change and evolve that this is an important source of information.”

He said that while the nation and its military departments shave their budgets down, benefits such as TRICARE and Military Retirement Pay will continue to be challenged and that retirees should continue to support organizations that give them a voice in the halls of Congress.

Preston took questions from the audience and then praised retirees for their community presence in supporting the nation while at war.

“I know retirees helped America stay in touch and now that I’m retired I have a greater sense of just how much difference retirees make,” he said in closing.

He asked all to visit the displays and, “take advantage of all the installation has done to provide information for you.”

“All of you are key influences,” he said. “I’m very proud of all of you and your service.”

More than 30 installation, county, state, federal and national organiza-

I know retirees helped America stay in touch and now that I’m retired I have a greater sense of just how much difference retirees make.

**Kenneth Preston**  
Former Sergeant Major of the Army

tions displayed information and services. Garrison organizations included Kirk U.S. Army Health Clinic which provided flu shots, blood pressure checks and other health-related information; the Directorate of Human Resources, which updated retiree ID cards; as well as the Directorate of Emergency Services; the Directorate of Plans, Training Mobilization and Security; Family and Morale, Welfare and Recreation; the Office of the Staff Judge Advocate and the Office of the Installation Chaplain. Post organizations included the Army Substance Abuse Program; the Defense Finance and Accounting Service (DFAS); the Defense Commissary Agency (DeCA); the Army & Air Force Exchange Service (AAFES); Picerne Military Housing; and the CECOM Inspector General. Guest organizations included the VA Maryland Health Care System; Maryland Department of Veterans Affairs; Charlotte Hall Veterans Home; Harford County Office on Aging; Harford County Veterans Commission; the APG Federal Credit Union; Freedom Federal Credit Union; Bank of America; the Better Business Bureau; Delta Dental; Express Scripts; HealthNet Federal Services; U.S. Family Health Plan at Johns Hopkins; Wisconsin Physicians Service; the Association of the United States Army; the Military Officers Association of America; the National Association for Uniformed Services; the Noncommissioned Officers Association; the Retired Enlisted Association; the United Services Automobile Association and the Women’s Army Corps Veterans Association (Aberdeen Chapter 70).

Attendees and vendors said the day offered productive interactions.

Julie Graham and Chris Davis, of the Elkton Vet Center and VA Maryland Health Care, said their focus was on providing information about counseling services for combat veterans as well as bereavement counseling and employment assistance along with their other services.

“A lot of people don’t even know these services are available so close to home,” Davis said.

Graham added that along with the Elkton location, VA outstations include one in Cambridge and another in Aberdeen at 223 W. Bel Air Avenue, 410-272-6771.

“Visit the website at [www.vetcenter.va.gov](http://www.vetcenter.va.gov) for more information,” she said.

Cardell Bass, of the Maryland Department of Veterans Affairs signed up several retirees who requested information about filing claims.

“We’re a service organization and one important thing we do is assist veterans in filing claims,” Bass said. “It’s all to help them understand the VA process.”

“I really enjoyed the day. I got my ID and my [car] sticker renewed,” said Army retiree William Hendriks as he got his blood pressure checked at the KUSAHC display.

Antonio Bonilla, a former Marine who retired in 2010, said he enjoyed Preston’s presentation.

“It was good of him to take the time to come out just to talk to us,” he said. “It leaves you with a good feeling about the retiree network.”

“Sarah Ballard, a Maryland Army National Guard retiree from Brooklyn, Md, said she usually attends the Fort Meade event but came to APG instead this year.

“I got a lot of good information,” she said. “I wasn’t sure what to expect but I really enjoyed this.

Henry Allen, a retired Army Reserve lieutenant colonel, said all of his questions were answered during the Question & Answer session with Preston, who he spoke with afterward.

“I wanted to convey that while we appreciate the information and results we got from the [Suicide Prevention] stand down earlier this month, it needs to be stressed that there are not enough resources to treat everyone in need and that guys on the waiting list are committing suicide,” he said. “I got good feedback [from Preston] and I enjoyed this event more than I expected.”

APG Retiree Council members include retired Lt. Col. Nelson Laugh-ton, chairman; retired Sgt. Maj. Frank Yoakum, co-chair; Betty Willard, Garrison retirement services officer; retired 1st Sgt. Tom Shumate; retired Master Sgt. Lonzia Hawkins; retired Sgt. 1st Class Louise Leon-Guerrero; retired Sgt. 1st Class Richard N. Zalusky and Janet Dettwiler, APG Adjutant General and director of Human Resources.

For more information about the council and retiree events and services, visit the APG Retiree Council website at <http://www.apgretiree.com/>.

View more Retiree Appreciation Day photos on the APG Flickr site at [www.flickr.com/photos/usagapg](http://www.flickr.com/photos/usagapg).

## Widow feels welcome

Marsha Worthington came to APG for Retiree Appreciation Day activities from Pennsylvania’s Lancaster region. She said that before her husband, retired Navy Chief Petty Officer George Worthington, passed away in November 2011, he stressed to her the importance of staying connected to APG so she could stay informed about her benefits and other services.

“His last station was at a Reserve center in Lancaster. He was from Philadelphia so we stayed there and used the facilities in Reading (Pa.), but then he discovered APG which had even more facilities,” she said.

She recalled that her husband got his eyeglasses through the KUSAHC eye clinic and that they would occasionally visit the Post Commissary and Exchange.

“He always handled everything and he was concerned that I get out and get the information I needed.”

When her friend, APG Community Policing Officer Mike Farlow, mentioned the APG event, she knew she had to attend.

“I realized that now it’s up to me to figure out what’s available,” she said. “This was the perfect opportunity to learn more about what’s going on.”

She said the event offered “much more than I imagined.”

“I got a flu shot. I’m thrilled because I didn’t know I could get immunizations and vaccines,” she said. “I hope to get a new ID card today too.”

“And I was really impressed with the overall program,” she added. “I especially liked the guest speaker [former Sergeant Major of the Army Kenneth Preston]. I follow that information and I enjoyed his updates. It was very nice to see so much command interest too. You just don’t want to feel you’re getting in the way of the active duty personnel. But, everyone is so nice. They go out of their way to welcome you. I will try to come to APG more often. I may even participate in the walk [Nov. 10 Veterans Day 5K Run/1 Mile Walk,] next month.

“I’m leaving here feeling really good and more informed. I definitely intend to come more often. This community to me is wonderful.”

Lunch was served at the FMWR Bowling Center following the event.



# AROUND THE FORCE

## Army will do its job with less, secretary says

ARNEWS

With budget cuts already in place, and more cuts possible next year -- the Army can expect fewer resources to accomplish a mission that will likely not shrink, said Secretary of the Army John M. McHugh.

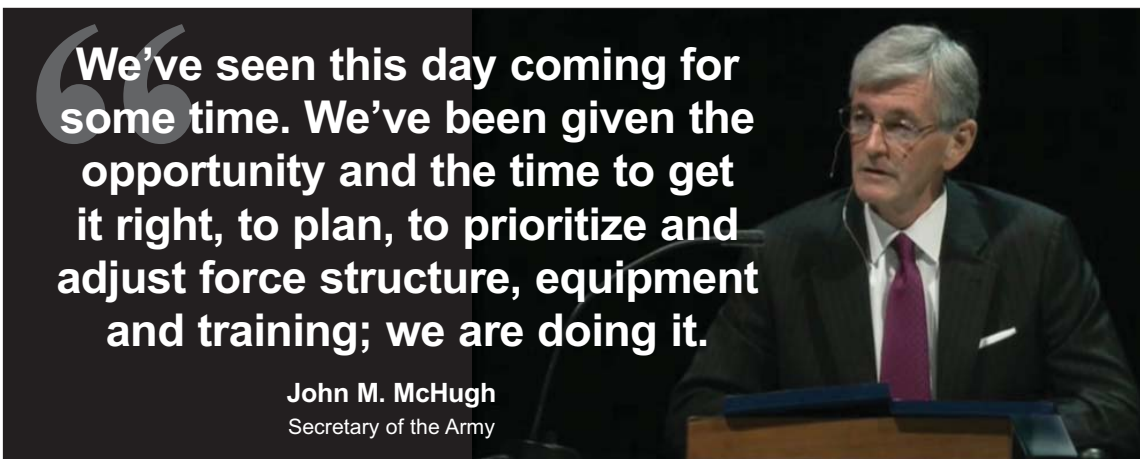
Speaking before the opening session of the 2012 Association of the United States Army Annual Meeting and Exposition in Washington, D.C., McHugh said the nation's economy, and how it affects the Army budget, is something that worries him. After more than 11 years of war, he said, "the Army is going to do its job with less."

Budget cuts and force reductions were a long time coming, he said, and the Army has been aware of them for some time.

"We've seen this day coming for some time," he said. "We've been given the opportunity and the time to get it right, to plan, to prioritize and adjust force structure, equipment and training; we are doing it."

### Total force: Active, Guard, Reserve

A critical component of the Army's future is integra-



tion of Reserve forces. Since 2001, McHugh said, the Army has learned the importance of an operational reserve component in meeting mission requirements.

Continued training and readiness of the Reserve components is "paramount to the Army's overall readiness and stability, and our nation's security," McHugh said. "We are going to make sure we do that, and we do it right."

Part of the Army's effort in that direction includes a McHugh-signed directive that establishes a "total force policy" for the Army. That directive says the Army will man, train, and equip active and

reserve components "in an integrated operational force," the purpose of which is to provide "predictable, recurring, and sustainable capabilities."

McHugh said the directive outlines a number of measures to make integration of those forces seamless. Some of those measures include uniform processes and procedures for validating pre-deployment readiness; developing and implementing unified personnel management and pay systems; ensuring that equipping strategies promote procurement programs for a total force; and facilitating opportunities for Soldiers to move between active

and reserve-component assignments throughout their career.

### Army a hedge for the future

At a press conference following the opening ceremony of this year's AUSA conference, Chief of Staff of the Army Gen. Raymond T. Odierno said that as the Army heads into an uncertain future, it starts from a "position of strength," as a result of veterans and Army leaders that have been in combat for 11 years now. And because the Army is an all-volunteer force, he said, he expects many of those same leaders to

stay in the Army "and to pull the Army into the future."

The Army will adapt readiness and training models to prepare units to better operate "in what we believe will be more and more complex environments that we are going to have to fight," Odierno said.

To deal with those complex environments of the future, the general said he is now focused on an Army that can deploy at "several speeds," at "several sizes," and that can respond to "several contingencies."

"The Army provides a depth and capability that no other service provides -- tooth to tail -- (from) combat, all the way down to every kind of logistics and combat service support that you can provide," he said. "We're the only service that does that completely, tooth to tail."

McHugh said the Army's "key to the future is our full-spectrum capability, and the capacity to go anywhere and do any mission." The ability to do that, he said -- the Army's adaptability -- means that it can serve as a hedge for the uncertainty of the future.

## APG honors veterans throughout November

During the APG Retiree Appreciation Day event on Oct. 20, Garrison Command Sgt. Maj. James Ervin announced that the commanding general has designated November as Veterans Appreciation Month on APG. This Team APG will honor veterans throughout the month with programs and events set aside especially for those who have served the nation in uniform.

"We're excited about this and we want to transfer that excitement to you," Ervin said. "So bring your flags and banners to APG in November when we honor you and show our love and appreciation for your service."

Scheduled events are as follows:

### Nov. 7

■ Small Business Workshop This event will provide information and advice to assist veterans with their small businesses.

The workshop will be held 11:30 a.m. to 1 p.m. at Army Community Service Bldg. 2503.

■ BOSS Program visit to Perry Point Join the members of Better Opportunities for Single Soldiers (BOSS) on a visit to hospitalized veterans at the Perry

Point VA Medical Center in Perryville to play cards and enjoy other recreational activities, noon to 4 p.m. Meet in the APG Main PX parking lot at noon.

### Nov. 8

APG Garrison's Headquarters and Headquarters Company will provide a color guard for the 2:30 p.m. Veterans Ceremony at Royce-Williams Elementary School in Havre de Grace.

### Nov. 9

The 22d Chemical Battalion (TE) will provide a color guard for the Veterans Ceremony at Deerfield Elementary School in Edgewood.

### Nov. 10

Enjoy a Veterans Victory 5K Run/1 Mile Walk starting at 8 a.m. followed by a Pancake Breakfast, 8:40 a.m. APG leadership will host the APG Veterans Day Ceremony 9 a.m. The morning rounds out with a live performance by Baltimore's own Country recording artist Dean Crawford and the Dunn's River Band, 11 a.m. All events are open to the public.

Later that evening, have a hilarious good time during the Laugh Out Loud Comedy Tour featuring Josh Blue, the

winner of NBC's Last Comic Standing and the GI's of Comedy -- real military veterans - at the Post Theater. Show your support on this fun-filled day! All events open to the public!

As a salute, Veterans are admitted free. All others pay just \$15; \$12 for CAC ID card holders. Light fare is included and there will be a cash bar. Doors open 7 p.m.; show starts 8 p.m. This show contains adult content. Patrons must be 18 or older to attend.

### Nov. 11

Col. Gregory McClinton, APG Garrison and deputy installation commander, will be the guest speaker at the Annual Veterans Day Service, 11 a.m. at Veterans Memorial Park in Aberdeen, hosted by the Catholic War Veterans.

### Nov. 13

Sign up by Nov. 5 for the Honoring Our Nation's Veterans Golf Tournament for a \$5 discount. The day includes a Shot Gun Start 8:30 a.m., Four Person Scramble, Captain's Choice. The \$60 price includes 18 holes of golf, a golf cart and lunch. Sign up at Ruggles Golf Course. For more information, call 410-278-4794 or e-mail richard.j.bond10.naf@mail.mil.

### Nov. 14

CECOM will host a Veterans Health Fair at the C4ISR campus. Time and location TBA.

### Nov. 15

A Veterans Entrepreneur Job Fair will be held 10 a.m. to 3 p.m. at the APG North (Aberdeen) recreation center, Bldg. 3326 Erie Street.

### Nov. 16

All veterans are invited to attend the Thanksgiving Prayer Luncheon 11:30 a.m. at the Main Post Chapel.

### Nov. 19

During Veterans Education Day, to be held 10:30 a.m. at the APG North (Aberdeen) recreation center, veterans will can receive information on college programs and services.

### Nov. 7-28

Each Wednesday in November, APG troops are encouraged to "Take A Vet To Lunch."

Check the APG News and APG social media sites (listed on front page) for updates and more information.

## Scouts earn merit badges

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from Troop 973 and 936 led the audience in reciting the Scout Oath and Law and the Pledge of Allegiance.

Maryland State Senator Barry Glassman, a member of the Baltimore Area Council Board, welcomed attendees to Harford County, and thanked the service men and women and Department of Defense civilians who volunteered their time to teach the Scouts. He added that Harford County has a long tradition of working with Aberdeen Proving Ground and the Boy Scouts of America.

"As you progress through your education you will not only have job opportunities on Aberdeen Proving Ground, but we envision Harford County as having research facilities and incubators off campus, with high paying science and technology jobs," Glassman said. "As you become older you will be part of the fundamental mission of Aberdeen Proving Ground and Harford County, and that is providing service and protection to our fighting men and women of this country."

Harford County Sheriff Jesse Bane encouraged the Scouts to continue being leaders in their communities.

"You are the future of this country and our future leaders," Bane

said. "If you look at the leaders of today, the people who hold positions of authority, you will find that a great majority of them were Boy Scouts; I was a Boy Scout."

Bane added that the future of the country depends on students taking an interest in STEM subjects.

"Young people (that live) in the rest of the world are starting to excel greater than we do in the areas of science, math, technology and engineering," Bane said. "I am very encouraged to see our Scouts, our future leaders, taking advantage of this event. We are looking to the Boy Scouts of America to make this country strong and continue to make this the greatest country in the world."

The Scouts then split into training stations led by STEM professionals. During this event, 16 of 38 STEM-oriented merit badges were offered. These included: Architecture, Automotive Maintenance, Aviation, Chemistry, Composite Materials, Computers, Electronics, Engineering, Insect Studies, Metalwork, Nuclear Science, Radio, Robotics, Space Exploration, Veterinary Medicine, and Weather.

APG Instillation and CECOM Commander Maj. Gen. Robert Ferrell visited many of the train-

ing stations during the event.

During the lunch break, organizations displayed technologies and innovations currently in use by government civilians and Soldiers to show how STEM education applies to career fields at APG.

"This has been a great day, very educational and interactive," said Assistant Scout Master Joe Miller from Carroll County, as he watched his son Zach Miller, 11, test the pH levels in different water samples at a U.S. Army Public Health Command exhibit.

Another popular activity was the Research, Development and Engineering Command's eCYBERMISSION exhibit. Scouts were challenged to use robots to place balls in a dish. When they completed the challenge, they won a water bottle as a prize.

"Using the robot was really exciting, my favorite part of the day," said Joshua Williams, 10.

Parent volunteer Ricky Williams said the hands-on activities helped the Scouts understand STEM subjects a little more.

"It is good to expose them to STEM activities at a young age," he said. "Hopefully this event will help them develop their skills, and create an interest in math and science."

## Hallelujah Harvest

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Drop Game, Bean Bag Toss, Fish Pond, Balloon Pop, Limbo, Hit the Piñata, a Donut Eating Contest, and much more. APG firefighters will also be at the event, bringing a fire truck and an inflatable slide.

"Children love talking to firefighters and having the chance to sit in a real fire truck," Merkel said. "The event will also include plenty of crafts and face painting."

Free food will include pizza, hot dogs, funnel cakes, popcorn and slushes. All children will also receive a bag of candy at the end of the night.

In addition, attendees are invited to come dressed up as their favorite Bible character or saint.

Merkel added that attendees are invited to bring a nonperishable item that will be donated to Anna's House, a local homeless shelter.

"We couldn't do this event without our volunteers," she said. "Members from the Catholic, Gospel and Protestant congregations work together every year to make this event a success."

For more information, contact Merkel at 410-278-2516.

## Free layaway

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selection, service and value," said Exchange General Manager Jonathan Bright. "Other retailers charge as much as \$15 for layaway. Our program saves shoppers money."

A deposit of only 15 percent is required when starting the layaway process. See customer service for program details and eligibility.

To take advantage of holiday layaway and extended layaway for toys, visit the Aberdeen Proving Ground Exchange today.